

Daily Affirmations- February 2018

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Thu	Feb	1 st	I am beautiful.
Fri	Feb	2 nd	I've had too many yesterdays with God to worry about tomorrow :)
Sat	Feb	3 rd	I am humble and kind.
Sun	Feb	4 th	Worrying is like praying for what you don't want.
Mon	Feb	5 th	I will never give up hope.
Tue	Feb	6 th	I will look through this struggle.
Wed	Feb	7 th	Love is not earned, it is given.
Thu	Feb	8 th	Brothers and Sisters are as close as hands and feet.
Fri	Feb	9 th	Let your body work for you, not against you:
Sat	Feb	10 th	The brain's frontal lobe controls other parts of the brain.
Sun	Feb	11 th	Mental rehearsal will mold and grow new circuits in the brain.
Mon	Feb	12 th	The image you hold of yourself controls how your brain effects the rest of your body.
Tue	Feb	13 th	Change your thoughts and your feelings will change.
Wed	Feb	14 th	Organize your life for the miracles on their way, believing always with your heart.
Thu	Feb	15 th	See and speak the desired end as if it has already been achieved.
Fri	Feb	16 th	All that I have seen teaches me to trust God for all I have yet to see.
Sat	Feb	17 th	Every day is a test you are going to pass.
Sun	Feb	18 th	People don't punch each other, they punch their own misery.
Mon	Feb	19 th	Sometimes you will never know the value of a moment until it becomes a memory.
Tue	Feb	20 th	Sometimes I don't get what I want because something I need is provided instead.
Wed	Feb	21 st	Why not go out on a limb? Isn't that where the fruit is?
Thu	Feb	22 nd	The measure of my character is what would I do if I knew I never would be found out.
Fri	Feb	23 rd	Knowledge is the true organ of sight, not the eyes.
Sat	Feb	24 th	I learn something every day when I pay attention.
Sun	Feb	25 th	Progress always involves risks. I can't steal second base and keep my foot on first.
Mon	Feb	26 th	One step at a time, makes the journey.
Tue	Feb	27 th	Winners take action. Never give up on your dreams.
Wed	Feb	28 th	I am strong and worthy.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.